

WHAT IS KRIYA YOGA

Kriya Yoga is an ancient method of living and meditation that cultivates body, mind, intellect, and awareness of the soul using powerful meditative and yogic disciplines. It helps us to experience the three divine qualities of light, vibration, and sound by using techniques of concentration, posture, and breathing. This develops a one-pointed mind, which enables us to penetrate the deepest levels of consciousness and to change our lives. Kriya Yoga teaches that any action, *kri*, is done by *ya*, the indwelling soul. It is a universal spiritual discipline that crosses all divisions and boundaries.



PARAMAHAMSA HARIHARANANDA (1907-2002) - (photo on the right)

filled with purity and love, came from a long, unbroken line of masters, ultimately attaining nirvikalpa samadhi, the highest goal of a realized yogi. A disciple of Swami Shriyuktेशwarji and Paramahansa Yoganandaji, he spread Kriya Yoga to the East and West.

PARAMAHAMSA PRAJÑANANANDA (photo on the left)

his successor, continues his mission teaching one lesson: the lesson of love. Through every action and breath, he urges us to realize that we all are divine and to achieve that blissful state of divine love and contentment through basic self-discipline and the practice of Kriya Yoga.

LINEAGE OF MASTERS



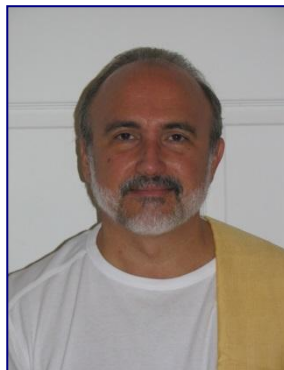
Holy Days and New Year 2014 Seminar

Compassionate Teachings of the Masters

December 24, 2014 to January 1, 2015



Swami
Atmavidyananda Giri



Yogacharya
John Thomas Lopategui

Join us this holiday season as we celebrate the birth of Jesus Christ and explore the teachings of the masters; each day we will reflect on the scriptures and their messages for how to live in this world with love and compassion for all. The seminar begins at 5:30 a.m. on Wednesday, December 24, 2014 and concludes at 9:30 p.m. Thursday, January 1, 2014.

Tentative Schedule

Normal Day Schedule	Wednesday, Christmas and New Year's Eve	Thursday, Christmas and New Year's Day
05:30AM Meditation	05:30AM Meditation	06:30AM Meditation
07:30AM Breakfast	07:30AM Breakfast	07:30AM Breakfast
09:30AM Self-Study	08:30AM Self-Study	09:30AM Class
11:00AM Meditation	11:00AM Meditation	11:00AM Meditation in Baba's Room
12:15PM Lunch	12:15PM Lunch	12:15PM Lunch
02:00PM Rest, Seva	02:00PM Rest, Seva	02:00PM Self Study
04:00PM Q & A / Video	05:00PM Class	04:00PM Class
05:00PM Class	06:30PM Dinner	06:00PM Meditation
06:30PM Meditation	07:30PM Self Study	08:15PM Dinner
08:15PM Dinner	09:00PM Meditation in Baba's room	09:30PM Program Ends
09:30PM Retire	10:00PM Meditation	
	12:30AM Retire	

To Register for this program, please visit: [Link to Registration Form](#)

This program is not open to the public. Participants must already be initiated into Kriya Yoga in the lineage of Paramahansa Hariharananda and Paramahansa Prajnanananda.